

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 09-22-09)

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B836 – SPAGHETTI, WHOLE GRAIN, DRY, 20 LB BAG



Nutrition Information

Spaghetti, whole wheat, dry and cooked, no salt added

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Spaghetti (8 ½” to 11” in length) made from whole grain semolina or durum flour.
PACK/YIELD	<ul style="list-style-type: none"> 20 lb case. One 20 lb case AP yields about 65 cups dry spaghetti pieces OR about 105 cups <i>al dente</i> cooked spaghetti (boiled 8 minutes) and provides about 424.0 ¼-cup servings cooked <i>al dente</i> spaghetti OR about 212.0 ½-cup servings cooked <i>al dente</i> spaghetti OR about 141.2 ¾-cup servings cooked <i>al dente</i> spaghetti. One lb AP yields about 3¼ cups dry spaghetti pieces OR about 5¼ cups <i>al dente</i> cooked spaghetti (boiled 8 minutes) and provides about 21.2 ¼-cup servings cooked <i>al dente</i> spaghetti OR about 10.6 ½-cup servings cooked <i>al dente</i> spaghetti OR about 7.06 ¾-cup servings cooked <i>al dente</i> spaghetti. CN Crediting: ½-cup cooked spaghetti provides 1 serving grains/breads.
STORAGE	<ul style="list-style-type: none"> Store pasta off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store pasta under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	2 oz, dry (57 g)	½-cup, cooked (70 g)
Calories	198	87
Protein	8.34 g	3.7 g
Carbohydrate	42.77 g	18.60 g
Dietary Fiber	5.6 g	3.1 g
Sugars	1.0 g	0.56 g
Total Fat	0.80 g	0.4 g
Saturated Fat	0.15 g	0.07 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	2.07 mg	0.74 mg
Calcium	23 mg	10 mg
Sodium	5 mg	2 mg
Magnesium	82 mg	21 mg
Potassium	123 mg	31 mg
Vitamin A	0 IU	2 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.0 mg	0.0 mg
Vitamin E	N/A	0.21 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> For 100 ½-cup servings: Boil 10 gal water (optional, add 3½ oz OR ⅓ cup salt to water). Add 9 lb 8 oz spaghetti to boiling water and slowly stir spaghetti until water boils again. Cook uncovered about 8 minutes for <i>al dente</i> spaghetti. DO NOT OVERCOOK. Drain and rinse in cool water to stop cooking. When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent sticking and drying out. Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking or held on a steam table, undercook it slightly. Cover tightly and store. To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. DO NOT OVERCOOK.
USES AND TIPS	<ul style="list-style-type: none"> Spaghetti may be combined with a tomato or meat sauce. Use in recipes for soup, casseroles, or salads. Combine with eggs, fish, fowl, vegetables, meat, or cheese.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.